

Sharks & Minnows

Game Focus: Develop comfort and control while dribbling the ball



How to Play:

- Choose a shark to start in the middle with no ball
- All other players (minnows) should line up on one side, each with a ball
- When the coach calls “shark’s in!”, the minnows must dribble across to the other side
- The shark attempts to knock the minnows’ balls away
- If a minnow loses their ball or dribbles out of bounds, they become a shark until all the minnows have been caught
- Continue going back and forth until all of the minnows have been caught
- Let the last minnow to be caught start the next round as the shark or give all of the players a chance to be the shark

Set-up: use 4 or more cones to mark an area of about 15x25 yards (adjust to suit group size)

